

OKYEAME

November 23, 2006

American Embassy,
Accra

Inside this issue:

| | |
|--------------------------|-------|
| Happy Thanksgiving | 1 |
| Ghana in History | 2 |
| Postcards from the Edge | 3 |
| Staying Healthy | 5 |
| Around Town | 6 |
| Community News & Events | 7 |
| Classifieds | 8-9 |
| US Mission Announcements | 10-11 |

CLO Office Hours



Mon-Thurs
8am-4pm

Fri

8:00 am-
12:00pm

If you have news, classified, suggestions, letters, restaurant reviews etc. for the Okyeame, please write to the Editor, Mikelle Antoine at:

**accraokyeame@yahoo.com
Deadline Monday 5pm**

Please let us know what you would like to see in the Okyeame. Your suggestions, criticism and story ideas are most welcome!



FIRST THANKSGIVING

In 1621 the Plymouth colonists and the Wampanoag Indians shared an autumn harvest feast which is now known as the first Thanksgiving. While cooking methods and table etiquette have changed as the holiday has evolved, the meal is still consumed today with the same spirit of celebration and overindulgence.

Food preparation: What Was Actually on the Menu?

What foods topped the table at the first harvest feast? Historians aren't completely certain about the full bounty, but it's safe to say the pilgrims weren't gobbling up pumpkin pie or playing with their mashed potatoes. Following is a list of the foods that were available to the colonists at the time of the 1621 feast. However, the only two items that historians know for sure were on the menu are venison and wild fowl, which are mentioned in primary sources. The most detailed description of the "First Thanksgiving" comes from Edward Winslow from A Journal of the Pilgrims at Plymouth, in 1621:

"Our harvest being gotten in, our governor sent four men on fowling, that so we might after a special manner rejoice together after we had gathered the fruit of our labors. They four in one day killed as much fowl as, with a little help beside, served the company almost a week. At which time, among other recreations, we exercised our arms, many of the Indians coming amongst us, and among the rest their greatest king Massasoit, with some ninety men, whom for three days we entertained and feasted, and they went out and killed five deer, which they brought to the plantation and bestowed upon our governor, and upon the captain, and others. And although it be not always so plentiful as it was at this time with us, yet by the goodness of God, we are so far from want that we often wish you partakers of our plenty.

Did you know that lobster, seal and swans were on the Pilgrims' menu? Learn more...

1621 Harvest Feast

Seventeenth Century Table Manners:

The pilgrims didn't use forks; they ate with spoons, knives, and their fingers. They wiped their hands on large cloth napkins which they also used to pick up hot morsels of food. Salt would have been on the table at the harvest feast, and people would have sprinkled it on their food. Pepper, however, was something that they used for cooking but wasn't available on the table. *Cotnined on page 4.*

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, suggestions and classified ads to accraokyeame@yahoo.com. Submission deadline is COB Monday of publication week. Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana. Ads will be run for three weeks and can be renewed. If an item is sold before the three weeks are up, please notify accraokyeame@yahoo.com. Ads and submissions are accepted based on appropriateness and relevance to the Embassy community. Okyeame is a Twi word meaning linguist, or chief's spokesperson.



Brief History Of Anlo-Ewe People

I am an *Anlo-Ewe*, born and raised on the island of *Anyako*, the largest among a cluster of island settlements surrounded by the salty waters of the *Keta lagoon*. These island settlements are collectively known as a *major island group* of the *Anlo-Ewe* traditional state. A *major coastal group* is at south of the *Keta* lagoon along the shores of the Atlantic ocean and a *major inland group* is at the north of the lagoon. *Anlo-Ewe traditional state* is presently among a political union of distinct traditional states known as the republic of Ghana. The political union was created by the British government during the period of the historic Western European partitioning of Africa. It was originally called the Gold Coast and was renamed Ghana when it achieved self government on March 6, 1957. *Anlo-Ewe* land occupies the south eastern corner of the modern republic in an administrative region known as *the volta region*.

According to oral history, the *Anlo-Ewe* people settled at their present home around the later part of the 15th century (1474) after a dramatic escape from *Notsie*, an ancestral federated region currently within the borders of the modern state of Togo. The escape and subsequent resettlement are commemorated in an annual festival known as *Hogbetsotso Za*. Earlier settlements were established along seamless stretches of white sandy beaches of the Atlantic ocean, from what is now the international border between Togo and Ghana and due west to the eastern shores of the *Volta* river. Names assigned to some of the settlements - *Keta*, which means "*the head of the sand*," *Denu*, which means "*the beginning of palm trees*" etc. - echoed the natural endowment and beauty of the landscape they were to call home.

The close proximity of the settlements to the sea, however, offered no safety from the frequent raids for slaves by European slave traders who would navigate their ships easily to the shores of the ocean for their human cargos. The memory of these raids and the loss of entire settlement populations have been deeply imprinted on the *Anlo-Ewe* consciousness through the holdings of oral tradition such as folklore, myths and songs. A mass migration northward and the establishment of lagoon island settlements begun as a necessary security against becoming a slave in some strange land.

The *Keta* lagoon became central to the early evolution of the *Anlo-Ewe* traditional state. Its shallow waters were not navigable by the large slave ships and provided a much needed buffer-zone between the settlers and the aggressive slave traders.

Development of small scale marine commercial activities for sustenance began immediately. These activities included the construction of canoes for fishermen who navigated the lagoon for usable fishing sites and canoe landings. Hunters used the canoes to explore other islands and the inlands north of the lagoon for games, drinking water, farm lands and new settlement sites. Farmers shuttled by the canoes between the islands and the fertile inlands to cultivate crops. The canoe shuttle became an important tradition and a major means by which commodities and information flowed freely between the settlements. Evolution Of Present Community System Concern about security was a major element in the early history of the settlements. The distribution of the populations on the settlements followed the model of an *Anlo-Ewe* military culture in which the entire group was divided into three military units for more controllable precision in defense. Members of each unit would establish their homesteads at the geographical position they would defend in battle. *Lashibi* unit would occupy the west and were often referred to as the *left wing*. *Adotri* unit would occupy the central position and *Woe* unit would settle at the east or the *right wing*.

In peace, the mostly warlike institutions evolved into institutions of humane and hospitable civilization. The military units became political units and the basis of the present *Anlo-Ewe* community system. Military commanders became political heads or chiefs of the communities they led in battles within a centralized state system headed by a paramount chief, *Awoamefia*. Membership in the community system is controlled by a patrilineal heredity that promotes a strong sense of family within a social, political and economic system of communalism. In this communal pursuit, private initiative or profit is encouraged within the realms of strong social-minded values in which family is the heart of the community and neighbors care about each other. A civilization that promotes the wish for the integration of the complex fundamental disposition of mankind. Nobody is allowed to cheat the other. The weak, the strong, the young and old all constitute an integral whole in the complex fabric of life in pursuit of a collective destiny. The most distinctive institutional result is trust, honor, compassion, sacrifice and a desire to share some part of themselves with others. In this new political culture, the warlike past is only visible in the institution of chieftaincy as memorabilia of the heroic past or in the regalia of chiefs as symbols of their royal rights or prerogatives.

Continued next week. © Copyright 1995 [C. K. Ladzekpo](http://cnmat.berkeley.edu/~ladzekpo/Intro.html) All Rights Reserved <http://cnmat.berkeley.edu/~ladzekpo/Intro.html>



The Grüezi Graben

by Elisabeth Wilding



The Masons, the Water Buffaloes, and the Raccoon Lodge all have their secret handshakes: digital gymnastics of subtle timing and precise choreography to determine instantly who is a co-member of the elite group. Here in Switzerland, Swiss Germans have a simple six-letter word that accomplishes the same goal, and establishes in a second of linguistic dexterity the Us and the Them of Swiss-ness. Switzerland is famously mountainous, yet few peaks require as much technical skill as the correct pronunciation of grüezi, except perhaps the swift integration of a foreigner into Swiss society.

My Collins German-English dictionary helpfully defines this little word of greeting as 'hello, hi, good morning/afternoon/evening,' and provides the mysterious symbols of its pronunciation. It is a deceptively simple entry, but of course nothing about Swiss-German is quite that straightforward.

In a land of just over 7 million inhabitants, about 65% speak some version of the Swiss-German dialect. Each Canton produces its own variety of what is a spoken language only. Visitors armed with years of schooling in High German will be surprised to find this a foreign language in Switzerland -- people are willing and able to speak it, but many will actually prefer to practice English instead. Because there is no formal written form of Schwyzerdütsch, newcomers still study High German in class and venture out into everyday life unable to make out the simplest of phrases in the local dialect. Not merely pronunciation, but also vocabulary and grammar, are very, very different. Painful, head-splitting attention in the supermarket has permitted me to finally understand the guttural, throat-clearing, 'ch'-inflected pronunciation around me. I have mastered numbers and a few simple phrases, but apparently not how to greet people: which brings me back to grüezi.

My first day in Switzerland we went for a stroll in the woods behind our house and were politely greeted by robust couples with an unintelligible expression I later learned to be grüezi. Everyone said it and after living here for a while I too greet fellow walkers in the same manner, loosing the phrase from my lips at chance encounters. But from the knowing tilt of their head or the flicker in their eyes, I can tell that each utterance immediately announces my foreignness. "Aha," I can hear them thinking, "not one of us."

Don't get me wrong. I find the mystery of the dialect a wonderful thing to consider and I am completely in favor of the renaissance of such language subgroups. Nevertheless, despite my Swiss clothes, shoes, and even haircut I am marked as a foreigner from my first word of greeting and henceforth kept at a polite distance. It is not just my personal linguistic failings that are at play here. Even the many Germans I know here complain that they can't quite get the pronunciation of grüezi right either. I suspect that years of practice and muscular retraining of my tongue and lips might permit me to do it correctly; like the exceptionally long average time to citizenship here (twelve years of residency are required), linguistic integration takes a while. And in the meantime, without the secret handshake, I languish on the outside waiting for the mysterious initiation.

The dividing line between the French and Swiss-German-speaking regions of Switzerland is amusingly referred to as the Röstli Graben. Röstli is the deliciously crispy Swiss potato pancake served with applesauce that abounds on the German side. A Graben is a ditch, so it is essentially a culinary divide that keeps the two sides apart. I would like to suggest that there is a Grüezi Graben, far more extensive and exclusive, to mark the divide between the Swiss Germans and the rest of the world. Like Swiss engineering it is solid, efficient, and built to last. Nevertheless, I do think there is hope for me yet. I may stumble as I cross the ditch, but one day I really will make it up the other side.

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Elisabeth Wilding is an English teacher and lived in England, the USA, and France before landing in Switzerland with her husband, son, and cat in 1999.

Share your story about expat life. Email it to accraokyeame@yahoo.com

In the seventeenth century, a person's social standing determined what he or she ate. The best food was placed next to the most important people. People didn't tend to sample everything that was on the table (as we do today), they just ate what was closest to them. Serving in the seventeenth century was very different from serving today. People weren't served their meals individually. Foods were served onto the table and then people took the food from the table and ate it. All the servers had to do was move the food from the place where it was cooked onto the table.

Pilgrims didn't eat in courses as we do today. All of the different types of foods were placed on the table at the same time and people ate in any order they chose. Sometimes there were two courses, but each of them would contain both meat dishes, puddings, and sweets.

Housewife prepares a meal in pilgrim village: More Meat, Less Vegetables

Our modern Thanksgiving repast is centered around the turkey, but that certainly wasn't the case at the pilgrims's feasts. Their meals included many different meats. Vegetable dishes, one of the main components of our modern celebration, didn't really play a large part in the feast mentality of the seventeenth century. Depending on the time of year, many vegetables weren't available to the colonists.

The pilgrims probably didn't have pies or anything sweet at the harvest feast. They had brought some sugar with them on the Mayflower but by the time of the feast, the supply had dwindled. Also, they didn't have an oven so pies and cakes and breads were not possible at all. The food that was eaten at the harvest feast would have seemed fatty by 1990's standards, but it was probably more healthy for the pilgrims than it would be for people today. The colonists were more active and needed more protein. Heart attack was the least of their worries. They were more concerned about the plague and pox.

Surprisingly Spicy Cooking

People tend to think of English food as bland, but, in fact, the pilgrims used many spices, including cinnamon, ginger, nutmeg, pepper, and dried fruit, in sauces for meats. In the seventeenth century, cooks did not use proportions or talk about teaspoons and tablespoons. Instead, they just improvised. The best way to cook things in the seventeenth century was to roast them. Among the pilgrims, someone was assigned to sit for hours at a time and turn the spit to make sure the meat was evenly done. Since the pilgrims and Wampanoag Indians had no refrigeration in the seventeenth century, they tended to dry a lot of their foods to preserve them. They dried Indian corn, hams, fish, and herbs.

Education UK Exhibition in Kumasi and Accra

Programme of events for November 2006

This November, British Council Ghana brings you the most exciting interactive event of the year, the Education UK Exhibition 2006.

Are you a student, graduate, young professional, student counsellor,

manager or parent? Then *this* is for you. Come and learn more about

student visas, fees and scholarships. Interact with 26 UK institutions'

representatives. Get your questions on Study in the UK answered in

face-to-face interviews and presentations. Be at Miklin Hotel on

1st November and La Palm Beach Hotel on 3rd & 4th at 10am to 5pm.\

The entrance fee is ₵30,000! This event is open to all. **Location – Miklin Hotel, Kumasi & La Palm Beach Hotel, Accra**

The HuD Group

Saturday 25th 8:00a.m. -1:00p.m.

The Hud Group, a dynamic Christian not-for-profit human development organisation will be holding this year's 'Youth Power Conference' dubbed 'Ghana at 50:Goldcoast or Old Toast'. The Conference aims at inspiring and empowering young people to discover and fulfil their God-given purpose and reach their full potential. **This event is open to all. Location – Auditorium**

Expo Promotions

Tuesday 28th at 8:00a.m.-1:00p.m.

Expo Promotions will be having a presentation of ACCPAC; a financial accounting software product on behalf of their client Computer Based Systems.

This event is open to all. Location – Auditorium



A lot has happened over the last year in the development of vaccines. This is the third in a series of Okeyame articles about newly developed vaccines. HPV is discussed in today's issue. In previous issues Tdap and rotavirus was discussed. Shingles will be discussed in the next issues. For more information and articles more relevant to American Populations go to <http://www.rotavirusvaccine.org/> or <http://www.cdc.gov/nip/publications/VIS/vis-rotavirus.pdf>



HPV Vaccine Questions & Answers

In June 2006, the Advisory Committee on Immunization Practices (ACIP) voted to recommend the first vaccine developed to prevent cervical cancer and other diseases in females caused by certain types of genital human papillomavirus (HPV). The vaccine, Gardasil®, protects against four HPV types, which together cause 70% of cervical cancers and 90% of genital warts.

The Food and Drug Administration (FDA) recently licensed this vaccine for use in girls/women, ages 9-26 years. The vaccine is given through a series of three shots over a six-month period.

WHO SHOULD GET THIS VACCINE

The HPV vaccine is recommended for 11-12 year-old girls, and can be given to girls as young as 9. The vaccine is also recommended for 13-26 year-old girls/women who have not yet received or completed the vaccine series.

These recommendations have been proposed by the ACIP—a national group of experts that advises the Centers for Disease Control and Prevention (CDC) on vaccine issues. These recommendations are now being considered by CDC.

Why is the HPV vaccine recommended for such young girls?
Ideally, females should get the vaccine before they are sexually active. This is because the vaccine is most effective in girls/women who have not yet acquired any of the four HPV types covered by the vaccine. Girls/women who have not been infected with any of those four HPV types will get the full benefits of the vaccine.

Will sexually active females benefit from the vaccine?
Females who are sexually active may also benefit from the vaccine. But they may get less benefit from the vaccine since they may have already acquired one or more HPV type(s) covered by the vaccine. Few young women are infected with all four of these HPV types. So they would still get protection from those types they have not acquired. Currently, there is no test available to tell if a girl/woman has had any or all of these four HPV types.

Why is the HPV vaccine only recommended for girls/women ages 9 to 26?
The vaccine has been widely tested in 9-to-26 year-old girls/women. But research on the vaccine's safety and efficacy has only recently begun with women older than 26 years of age. The FDA will consider licensing the vaccine for these women when there is research to show that it is safe and effective for them.

What about vaccinating boys?
We do not yet know if the vaccine is effective in boys or men. It is possible that vaccinating males will have health benefits for them by preventing genital warts and rare cancers, such as penile and anal cancer. It is also possible that vaccinating boys/men will have indirect health benefits for girls/women. Studies are now being done to find out if the vaccine works to prevent HPV infection and disease in males. When more information is available, this vaccine may be licensed and recommended for boys/men as well.

Should pregnant women get the vaccine?
The vaccine is not recommended for pregnant women. There has been limited research looking at vaccine safety for pregnant women and their unborn babies. So far, studies suggest that the vaccine has not caused health problems during pregnancy, nor has it caused health problems for the infant—but more research is still needed. For now, pregnant women should complete their pregnancy before getting the vaccine. If a woman finds out she is pregnant after she has started getting the vaccine series, she should complete her pregnancy before finishing the three-dose series.

EFFICACY OF THE HPV VACCINE



Studies have found the vaccine to be almost 100% effective in preventing diseases caused by the four HPV types covered by the vaccine—including precancers of the cervix, vulva and vagina, and genital warts. The vaccine has mainly been studied in young women who had not been exposed to any of the four HPV types in the vaccine.

The vaccine was less effective in young women who had already been exposed to one of the HPV types covered by the vaccine.

This vaccine does not treat existing HPV infections, genital warts, precancers or cancers.

How long does vaccine protection last? Will a booster shot be needed?
The length of vaccine protection (immunity) is usually not known when a vaccine is first introduced. So far, studies have followed women for five years and found that women are still protected. More research is being done to find out how long protection will last, and if a booster vaccine is needed years later.

What does the vaccine not protect against?
Because the vaccine does not protect against *all* types of HPV, it will not prevent all cases of cervical cancer or genital warts. About 30% of cervical cancers will *not* be prevented by the vaccine, so it will be important for women to continue getting screened for cervical cancer (regular Pap tests). Also, the vaccine does *not* prevent about 10% of genital warts—nor will it prevent other sexually transmitted infections (STIs). So it will still be important for sexually active adults to reduce exposure to HPV and other STIs.

Will girls/women be protected against HPV and related diseases, even if they don't get all three doses?
It is not yet known how much protection girls/women would get from receiving only one or two doses of the vaccine. For this reason, it is very important that girls/women get *all three doses* of the vaccine.

SAFETY OF THE HPV VACCINE



The FDA has licensed the HPV vaccine as safe and effective. This vaccine has been tested in over 11,000 females (ages 9-26 years) around the world. These studies have shown no serious side effects. The most common side effect is soreness at the injection site. CDC, working with the FDA, will continue to monitor the safety of the vaccine after it is in general use.

Does this vaccine contain thimerosal or mercury?
No. There is no thimerosal or mercury in the HPV vaccine. It is made up of proteins from the outer coat of the virus (HPV). There is no infectious material in this vaccine.

COST AND COVERAGE OF THE HPV VACCINE

The retail price of the vaccine is \$120 per dose (\$360 for full series).

Will the HPV vaccine be covered by insurance plans?
While some insurance companies may cover the vaccine, others may not. Most large insurance plans usually cover the costs of recommended vaccines. However, there is often a short lag-time after a vaccine is recommended, before it is available and covered by health plans.

What kind of government programs may be available to cover HPV vaccine?
Federal health programs such as Vaccines for Children (VFC) will cover the HPV vaccine. The VFC program provides free vaccines to children and teens under 19 years of age, who are either uninsured, Medicaid-eligible, American Indian, or Alaska Native. There are over 45,000 sites that provide VFC vaccines, including hospitals, private clinics, and public clinics. The VFC Program also allows children and teens to get VFC vaccines through Federally Qualified Health Centers or Rural Health Centers, if their private health insurance does not cover the vaccine. For more information about the VFC, visit www.cdc.gov/nip/vfc/Default.htm

AROUND TOWN

North American Women's Association (NAWA) promotes friendship among North American women, and between North American & Ghanaian women. NAWA fundraises for charitable organizations that support women and children in Ghana. Meetings are held on the **second Thursday of each month**, between September and May. Join us at **6:45pm** at the **Coconut Regency Hotel**. Look forward to meeting new friends, supporting worthy causes in Ghana and participating in cultural and social activities. The NAWA published book, *No More Worries*, can be found in stores throughout Ghana. Check the www.noworriesghana.com website or go to www.nawaghana.com. Call secretary Carol Pietryk at 0242 108273 (email: icpietryk@yahoo.ca) or president Monica Carr at 0243 680799 for further information. "You are welcome."

Ghana International Women's Club Formed in 1980 with the intention of establishing a strong bond of friendship among 'women of the world', and fostering a better understanding of one another's cultures. Members organize fundraising events and volunteer work. Monthly meetings every 2nd Wed at **Kohinoor Restaurant in Osu** at 9:30 am.

Ghana Bead Society Develop knowledge, appreciation, and interest in beads in Ghana, both from a traditional and contemporary point of view. Monthly meetings at the DuBois Center, East Cantonments; 4:30 pm, first Thursday of each month. Contact Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Alliance Française Provides French classes for children and adults, and hosts numerous cultural events. Located on Liberation Link Road, Airport Residential. Tel: 773-134.

American Chamber of Commerce promotes commercial, economic, educational and cultural ties between the U.S. and Ghana. Their regular luncheon meetings are on the last Wednesday of the month at La Palm from 12-2:30. Tel: 247-562, 024-251-605. E-mail: amchamgh@ghana.com; Website: www.amcham_africa.org. Located at Hse #C609/3 5th Crescent St, Asylum Down.

Scottish Country Dancing The Caledonian Society of Ghana: Scottish Country dancing is back. All are welcome to join in at the Grasscutters club, every Tuesday night from 7.30pm. For more information call 0244 069 169 or e mail caledonianghana@yahoo.co.uk
Accragio, a singing group open to expatriates and Ghanaians, is preparing its fall program and welcoming new singers. For more information, call Nate at 774-558. Rehearsals take

place every Tuesday night at 7:30 p.m. in Labone.

Energize yourself and reduce stress with **Hatha Yoga** at YMCA Mon-Wed-Friday, 5:30 pm - 7 pm. Contact Peace on 024-422-6079 or 775-348 ext. 4277.

The International Players The International Players is a local amateur dramatic group that performs publicly. Anyone interested in amateur theater is invited to participate. For information contact: Trish Graham at 764-349 or e-mail: trish_graham@hotmail.com.

Bunko is up and running here in Accra! Fast paced, easy to learn, no skill required, (**ladies only!**) dice game. We meet monthly at rotating houses. For more info or to sign up, email Kylie at edhrcir@hotmail.com.

Theater Mirrors. A local Ghanaian acting troupe, begun in 1986, whose members perform every Friday night at **Bywel Bar**, located across the street from Sotrec Grocery in Osu. Admission is free. 8 PM. The acting group is also available for private performances. Call 024-678956 for details.

Ghana National Theatre Monthly Symphony Program "Sunday at Five" held the last Sunday of every month **is now at Christ the King Parish Hall due to renovations.** Still at 5 pm, still a bargain at 20,000 cedis, 665-735 or 663-467.

Friends of Bill W. Meet Monday evenings 7-8 pm near the Cathedral in Adabraka. Contact Ludwin 020-2018540 or Lydia 024-611385.

Happy Hour Fridays at 5:30 pm an informal group meets for unwinding at the Labone Coffee Shop. All are welcome.

Hash House Harriers (Accra) The Hash House Harriers has been described as a '*drinking group with a running problem.*' However, non-drinkers and walkers are welcome. The Hash runs every Monday, with a 5:15 pm **sharp** departure. Location varies. Contact ac_crahhh@yahoo.com for details.

Hash House Harriers (Tema) is composed of Ghanaians and expats in and around the Tema area and welcome families with children. Every Thursday at 5:15 April thru October and 5:00 pm November thru March. Contact Frank Davis, at frank.davis@valcotema.com or call 020-201-1525 for information on directions to starting point.

Duplicate Bridge group meets every Tuesday night at 7:30. Any questions please contact Gerry Gray Thibodeau for information or to arrange a partner, 021-775-414. (evenings)
Pick-up Basketball Tuesday evenings (6-8 pm) at GIS. Everyone is invited to join the fun. For

additional information, please contact Ted Lawrence (tlawrence@usaid.gov) or Rob Clausen (rclausen@usaid.gov). They can also be reached by telephone at 228-440.

Pippa's Health and Fitness Center in Osu runs **Tumble Tots** on Monday, Wednesday and Friday from 9:30-11:45 am for 40,000 cedis a day. Toddlers can run around, play, and climb on the gym's tumble equipment and meet other toddlers in the area. Parents or nannies are welcome. Call 22 44 88 for more info.

Mom/Dad & Tots (3 and under) at British High Commission Grasscutters Return. Wednesdays 9:30-11:15 am.

Taekwondo at Pippa's Health and Fitness Center. Adults and kids are welcome. Learn from National Champion Master Stephen Yeboah. Call for registration: 22 44 88.

Frisky's International Film Buff Club views films Tuesdays 7pm. Call Ian at 0244 363017 or Katya at 024 329679 for directions or to receive a map by email.

Free Meditation each Wed at 6-7pm. Free pranic healing Wed. 10am-6pm. At the GMCKS Pranic Healing Center, 1st floor, Pyramid House, Ring Road central (Next to Alitalia). Website: www.pranichealing.org Phone: 0275089645 Mythili Raja Mohen

International Spouses Association of Ghana (ISAG) Are you a non-Ghanaian married to a Ghanaian? If yes, then come and meet others in a similar relationship. First Wednesday of every month at 5.30pm at Ghana International School film room. It's fellowship with some serious bits! For more information, contact Judd on 024-476-7063 or Nina on 024-477-8229 or email isag@ighmail.com

The Accra Tema Yacht Club (ATYC) is in Ada on the Volta River, 1½ hours from Accra, close to Manet Paradis Hotel. Races of catamarans and sail boats are held monthly. ATYC has 3 Lasers available for daily or hourly rental, a small bar and four chalets where members may stay overnight. **New members are welcome** as are day visitors for which a nominal daily charge is payable. Contact dmcallag@gmail.com -or- Duncan.macnicol@asc-gh.com

African American Association of Ghana (AAAG). General meetings held every third Saturday of the month. 2-4pm at the W.E.B. Dubois Center in Cantonments. For more info call 021-785438 or sankofaaaag@yahoo.com

Fit & Fun Gymnastics Club for children from 2 years and teenagers. Learn the basics of movement improve flexibility, balance and body awareness. Gymnastics helps them learn self discipline, patience and have more self confidence. Call 024 3515889 for info.

Community News and Events

The Ghana Caribbean Association

will be having a number of events to commemorate Caribbean Week in Ghana from November 20 - 26, 2006. The Symposium will be held at The DuBois Centre on November 21, 2006, from 10:00am to 2:00pm. Lunch will be served at 12:00 noon. Call Maisie at 0244 699268

Leaving? Can't take that wonderful dog with you but you want it to go to a good home? I am looking for one nice adult dog whose bark is worse than its bite. One who is good with children but fiercely protective of it's environment. Prefer Alsatian but would consider other breeds as well. Please contact Laurie 0277-549905

ARE YOU A QUILTER?

Create a memory of Ghana using my adinkra symbol applique patterns to make a quilt, a wallhanging, or pillows. For pictures and price list:

email Widdison@hotmail.com,
Subject line: adinkra design patterns.

The West Africa Consultants' Network is a group of professional consultants who have formed a network to efficiently share our expertise with potential contractors. If you are a qualified consultant or interested contractor, please contact westafricaconsultants@gmail.com



Come enjoy an American Thanksgiving **feast with turkey and the trimmings!**

When: Thursday, Nov. 23rd at 6:00 pm

Where: The Baptist Guest House, #34 Tito Ave.

Who: The American Community and friends (sponsored by the North American Women's Association)

What: a potluck style dinner. Bring your table service and your favorite Thanksgiving side dish/salad and dessert for 10.

Why: To count our blessings and celebrate with friends.

(A charge of 30,000 cedis per adult and 10,000 cedis per child will be collected at the gate to cover turkey costs, etc. We ask you to also bring along art supplies to be donated to the Autism Awareness Care and Training Centre for their art therapy classes.)

You are also invited to a Thanksgiving Praise Service on November 23rd, Thanksgiving morning, from 9:30-10:30AM at Asbury Dunwell Chapel (on Liberia Road, near the British Council). Hope to see you!



Happy Thanksgiving



Community News and Events

OPEN HOUSE

PORTES OUVERTES

Fernand NONKOUNI

Invites you to discover his recent paintings
On Saturday, 25th of November, from 3.00
pm

The house will be open until Sunday, 10th of December, 8.00 pm

Come any time, and bring your friends !

Fernand NONKOUNI and Caroline PIQUET

53 Patrice Lumumba Road,

Airport Residential Area - Accra

Tel. 021.77.23.94 – 0243.42.54.55

nonkouni@hotmail.com

The British High Commission has the following vehicles for sale.

1 Land Rover Discovery. Year 1998. Done 116,985 kilometers.
Colour: White; A/C, power windows, central lock. Diesel engine.

1 LDV truck. Year 1999. Done 103,000 km. Wide-body double-cab.
Truck has a tail lift and drops on three sides for easy loading.

2 Units Skoda Octavia saloon cars. Year 2000. Done 60,000 and
48,000 km respectively. Used only within Accra. Have airbags for
driver and passenger

Sale is by closed bid (duties not paid) and on as is where is basis.
Bidding forms may be picked and inspection of the vehicles done
between the hours of 7:30a.m. and 3:30p.m Mondays to Thursdays;
and 7:30a.m. to 1:30 p.m. on Friday. Ask for the Transport Officer

Sealed bids are to be marked "Vehicle Bids–For the Attention of the
Senior Management Officer", and are to reach the office by the 4th
of December.

Bids will be opened on 5th December and the winners advised by
phone or mail. <http://mail.yahoo.com>

Employment Opportunity: USAID West Africa Regional Mission

is recruiting for the following position in the Regional Office of
Financial Management (ROFM):

Preference will be given to US citizens, but other qualified
candidates will be considered. Title: Payments Officer

The successful applicant will manage the Payments Section
of the ROFM, which includes planning, organizing assigning
and reviewing the work of seven Voucher Examiners (VEs)
and a Supervisory Voucher Examiner. The candidate provides
oversight and support in payment processing to the West
Africa Regional mission and client USAID bilateral missions. (A
comprehensive job description will be sent to those potential
candidates who express interest and are deemed qualified for
the position)

Minimum Qualifications: A University Degree in Accounting,
Finance, Business/Public Administration or a related field is
required. 5 years professional work experience

24 hours of accounting credit or equivalent training in
accounting, auditing or business administration Detailed
experience using MS Word and EXCEL

Salary: United States Government grade GS 10

Closing Date for Applications: COB **November 30th 2006**
5:00 PM Accra

Interested Applicants should contact Mildred Agbo:
magbo@usaid.gov for a complete job description and

World AIDS Day event at the British Council, Accra

Date: Thursday 30th November

Time: 12.30 to 3.30pm.

Theme: Keeping the Promise - Walking the Talk

There will be performances devised by young people, teachers and
fisher folk from Jamestown about their personal experience of issues
around HIV and AIDS. The performances will be interactive, with the
audience involved in finding behaviours and strategies for prevent-
ing the spread of the virus.

The invited Guest Speaker is Professor Amoah from The Ghana AIDS
Commission. World AIDS Day event at the British Council, Accra

Date: Thursday 30th November

The invited Guest Speaker is Professor Amoah from The Ghana AIDS
Commission.

Community News and Events

DATE NOVEMBER 30, DECEMBER 1 & 2 2006 TIME 7:00 PM
TICKETS AVAILABLE AT IVY'S, PIPPAS, CLO OFFICE & CAST MEMBERS
ADULTS 60,000 CHILDREN 30,000
AT GHANA INTERNATIONAL SCHOOL

THE INTERNATIONAL
PLAYERS OF ACCRA PRESENTS...

THE SLEEPING & B BEAUTY

*"some day my prince will come
i just hope he's not a bum"*

BY
NORMAN ROBBINS

ADAPTED BY DAVID TYERMAN AND IAN LUNT BELL

CLASSIFIEDS

The Okyeame is published weekly by the United States Mission, Accra. It is for the use of all Mission employees and their families. Post activities and items of general interest are included in this newsletter. Please send news items, and classified ads to accraokyeame@yahoo.com. **Classified ads may be placed by members of the Mission or members of other foreign missions stationed in Ghana.** Submission deadline is 5pm Monday of the publication week. Ads will run for 3 weeks and can be renewed. If an item is sold, please notify accraokyeame@yahoo.com. Send your classifieds to accraokyeame@yahoo.com.

SEEKING EMPLOYMENT

Looking for a very experienced cook/housekeeper that can make a variety of western and African meals, appetizers, and desserts, know how to serve at dinner parties, and light housekeeping. contact Monique at 0244311944 (2)

French-speaking woman seeking domestic employment. Excellent references. Contact Assiba Ida Aglamey at (020) 739-6382. (3)

Annick Yessoufou is looking for work as a **domestic** or administrative assistant. She is bilingual (English/French) and worked for USAID and the African Development Bank. Prefers to live-in. She can be reached at 0285-047-247 or amyessoufou@hotmail.com. (3)

Sally is a bright, energetic young woman looking for work as a **nanny**. Best suited for toddlers to school-aged children. A pleasure to have in my home and was eager to learn. Contact directly at 0243 861492 or Leanne 0244 325982 (3)

Driver available - reliable, responsible, honest and safe. Isaac has worked for us for two years and we have trusted him to drive our new baby. We are returning to Australia mid-December and are keen to find him a new position. Call Isaac on 0243 455 367 or 021 780 380 for references.

Need a Turkey or several for Thanksgiving? For Sale: Imported turkeys raised locally. Great quality--sold live or dressed. Location near US Embassy Annex. Contact Eddie-0244-053305 (3)

Pippa's Gym Membership Available! Price VERY NEGOTIABLE!! One year membership purchased in Sept., 2006 for \$550. Please contact Anne 0244310572 (3)

Lincoln Community School, Accra

is currently seeking applications for the following positions:

Full-Time AV Technician

An AV Technician role will be providing technical support to our educational program through the maintenance, set-up and operation of audio-visual equipment in the school. This person will primarily serve teachers in the classroom, fine arts teachers in performances, and administrators requiring AV support. The hours of work will be flexible, to accommodate afternoon and evening rehearsals. When not engaged in the maintenance or operation of AV equipment, the AV technician will be expected to perform other maintenance tasks for the Technology Department.

Short-Term Project Development Consultant

Scope of Work

The Consultant shall review all existing documentation related to facility development in our strategic and financial plans, to collate them into a comprehensive yet concise report. The report will serve to explain to stakeholders our current campus plans, and provide guidance in the next steps of preparing a **Master Plan**. Interested, qualified candidates should send resume, contact information for references, current letters of reference and copies of relevant certification to:

Sante Andah

Human Resources Coordinator,

Lincoln Community School,

P. O. Box 194,

Accra.

Tel: +233-21-774018

Fax: +233-21-78095

E-mail: Santeandah@lincoln.edu.gh

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| MISCELLAENOUS | VEHICLES FOR SALE | WANTED: SAFE & RELIABLE |
|--|---|--|
| <p>URGENT. Diplomat looking for accommodation. Max. 2500 US \$ monthly rent with Internet facilities. Close to Airport Res., East Legon or Osu. NO AGENTS please. Tel:0242 266 (1)</p> | <p>Land Rover Discovery Series II 4x4 In good condition, service history available from Mechanical Lloyd. Model: TD (Turbo-Diesel) 5 Model Year: 2001 Guards on front and rear lights Front Grill guard Extra Set - Alloy rims (4) Land Rover Fridge Transmission: Manual 5 speed gearbox. 5-seater, 5-door, Epsom Green US\$ 25,000.00 ono Contact: Mr Adekoye Ademola 233 24 286 8156 Fax: +233 21 512 981 (3)</p> | <p>LARGE SUV/4X4 (ideally) TOYOTA LANDCRUISER: Looking large Toyota family SUV: low mileage, excellent operating condition, full service history, and reasonably priced. Duty not paid is fine. If you are selling or know someone trustworthy who is selling a Toyota Landcruiser, PLEASE call/text: 0246 603016 (2)</p> |
| <p>For Sale - DSTV decoder and antenna dish - \$225 (DSTV would charge about \$350). If interested call 0244-311-262 (1)</p> | | <p>Volvo S40 2003, black leather seats, AC, airbags, power steering, electric windows & doors, alarmed, fully loaded, low mileage, duty paid. \$15,000 Call 020 813-6962 or 0246 584 384 (1)</p> |
| <p>Wanted: Bicycle for around Accra. Must be large enough for adult male: 26" or 700c with an 18-19" frame. Shocks optional, decent mechanical parts preferred. Please contact Rodger : 0246649487. (3)</p> | <p>Kia Sephia 1993. Available in December. Duty paid. \$2700.- or best offer <i>Interested persons please call or Jennifer: 021-22812 or jenny-mo_77@yahoo.com (1)</i></p> | <p>Suzuki Grand Vitara 2.0 TD 5D Registered 1st time March 2005 - 9200 Km, well kept. Diesel engine, Sun roof, Air-condition and Central lock system. Extra spares USD 16,000 - Duty not paid. Vehicle can be available immediately. (1)</p> |
| <p>FREE KITTENS are available to a good home: 3 cute kittens about three months old. Call 0246354174 or 021-228125 Or email jennymo_77@yahoo.com (2)</p> | <p>1996 Daewoo Nexia Automatic, driver airbag, power steering, electric windows. Reliable, durable and good run a round car. No Duty \$4500 OBO. Call 020 813-962 or 0246 584 384 (2)</p> | <p>Chery QQ 0.8 Model, Lemon Green Colour, Radio/Cassette; layer. Power steering, power brakes, central door locking system. Only 1,000km. Available January 2007. Contact Rosaline on 0244284805, email: GhanaSRDC@yahoo.com (2)</p> |
| <p>"PADDY" PEDIGREE SHIH TZU DOG 6 YEARS OLD, VERY AFFECTIONATE NEEDS REALLY GOOD HOME OWNER RETURNING TO UK WHERE STRICT QUARANTINE LAWS APPLY IF INTERESTED, PLEASE CONTACT Carole: 0244287119 (3)</p> | <p>Driver/Gardner - Eben has served as a driver and gardener for American families for the past 3 years. He is a very safe and cautious driver and is highly Knowledgeable about the Accra area. Eben also irons, and does a perfect job. Please call Shawn 0244-846-486. (2)</p> | <p>2004 Nissan X-Trail. Imported new from Japan in 2005. Fully loaded: Auto transmission; 4 wd; A/C; leather; pwr seats, windows; keyless entry; 6 disk cd changer and cassette. Still under warranty. All service performed at Nissan Auto Parts. Only 19,000 km. Duty not paid. \$23,000 or best offer. Call 0244-313-523 or e-mail jbsandefur@yahoo.com. (3)</p> |
| | <p>Famous Quotes: If things are getting easier, maybe you're headed downhill. Ghanaian</p> | |